

hour is, and backs in again. Now, Mother!

"Well," said Mrs. Higgins, "sure enough! The minute he pushed the hands to the hour, mark the clock went 'Whirr-r! Whirr-r! Whirr-r!' for all the world like a rattlesnake. It was real creepy to hear. Slap! come the little door open, just like John said it would, and out popped the head and about two joints of Toadie's snake, the red tongue waggin' and the green head eyes a starin'! It was real scary-rye, indeed! Only—"

"Only—" said Mrs. Higgins, "as soon as the snake had its head out of the clock it sort of turned to look at John, and then turned to look at me, and said Cuck-o-o! Cuck-o-o! plainer than the bird had ever said it in its life. Yes'm. Cuck-o-o! it says. 'Cuck-o-o'—twelve times. It was real comical to see that fiercelookin' snake waggle its head and sing like a bird that way, 'Cuck-o-o!' It says to me, and 'Cuck-o-o!' it says to John."

"Hihi! says John, gettin' red in the face. 'Heh! So that's what you history-lesson you! I'll show you there can't no rattlesnake hang around here singin' like a canary bird, I will! Come out of that clock!'"

"So that," said Mrs. Higgins, placidly, "is why our cuckoo clock don't cuckoo no more."

Housekeeping—A "Big Business"

SOMEONE has said that "the business of housekeeping is really a big business," whether one considers the capital invested or the health and efficiency of the individuals concerned. How to secure a suitable food supply for the family, is a live question that taxes the ingenuity alike of producer and consumer, of rich and poor, of legislator and statesman."

"Too often we fail to realize the responsibility resting upon the housewife who prepares meals for the family from day to day and how much the health of the members of the family depends on the food which mother serves. In our anxiety to introduce variety into our menus, we are sometimes prone to forget that the combinations of food we decide upon for a meal will not provide a "properly balanced ration." The Iowa State College recently published a bulletin on "Planning and Serving Meals," and the following extract from it should help us in solving this problem of balanced meals:

"A dinner which consists of roast beef, macaroni and cheese, baked beans and mince pie would be an altogether unwise combination, as it contains too much tissue building food. The roast beef alone contains as much of this class of food as is necessary for one meal. Macaroni and cheese are sufficiently rich in tissue building food to make an ideal substitute for meat, and the same is true of baked beans."

"The dinner that offers potatoes, corn, rice pudding and bread, is an unwise combination, because it furnishes more of starch than is needed."

"The dinner that offers roast pork, sweet pudding and a glass of milk provides entirely too much fuel food."

"In the first dinner mentioned, serve macaroni with tomato sauce rather than cheese, omit the baked beans, serve a lettuce and celery salad, omit the mince pie, serve some fresh fruit of some sort for the sweet course, and the dinner with the addition of potatoes would provide sufficient amounts for each class of food."

"When roast pork is served for dinner, any sour fruit affords a good combination with it. The acid of the fruit helps to neutralize the fatty flavor and also aids in the digestion of the pork because it increases the flow of the di-

gestive fluids. Choose currants, gooseberries, cranberries, or rhubarb when deciding on something in the line of dessert to serve with pork. If the dessert be pie let it be made from one of the above fruits rather than custard, mince or chocolate."

"When deciding upon the vegetable to use with pork, remember that rice, peas, beans, corn or macaroni are not required because they are all fuel foods. Such vegetables as cabbage, turnips, tomatoes, lettuce, radishes, cauliflower, onions or celery are best, first, because each has a distinctive flavor, and second, because these vegetables contain fibre which increases the bulk of the food and so aids digestion."

Save by Giving

"We must exchange war prosperity for war adversity, self imposed and in deadly earnest. The key to the situation, as far as we can unlock it, lies in individual thrift and individual sacrifice. Let there be no more luxuries, no wasted work, no drones to keep out of the national

production. Every man, to-day, who consumes any article or employs any service not absolutely necessary, aims a blow at his country."

Such is the stirring declaration of Professor Leacock. It means national thrift economy. Every man and woman in the Dominion must adopt the motto of the National Service Board and serve by saving and giving. Save your dollars and give them to the nation. Buy War Savings Certificates. In doing so, you will be doing a direct war service. Hundreds of millions are required by the Dominion for war purposes. Your money is necessary for the support of the divisions at the front.

Only a Sprig o' Heather

J. H. Hunter, of Farm and Dairy, N.Y. a sprig of heather, given by a friendly hand.

Only a sprig of heather, a gift in a far-off land.

But it carried a message of comfort, from the hearts across the sea, 'Twas only a sprig of heather, but it spoke of "home, sweet home."

It came from the hills of Pentland, where the western winds blow free;

That little sprig o' heather touched the chords of memory, Till the tide of the years rolled backward, and out of the past once more.

Came the faces of old companions I knew in the days of yore.

I hear again the voices I heard in the long ago,

And memory has touched the heart-strings, till the fountains of feeling flow;

And, passing again before me, come the friends who once were mine,

As the sprig o' heather summons up the days o' auld lang syne.

Oh! little sprig o' heather, thou art dear, aye dear, to me,

Though others may count thee common and thy beauty may not see, You speak of the old-time friendships, and the days too fair to last, And you sweeten the toilsome journey with the memories of the past.

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